

ALLYN-RIFORD POOL SCHEDULE

Effective 1/5/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN																																																																																																																																																																																																																																																																																											
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5:00	Laps		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)			5:00																																																																																																																																																																																																																																																																																										
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8:30						Break 8:30-	Break 8:30-	Break 8:30-	Break 8:30-	AHS Swim Team (lanes 5&6)/Laps	8:45																																																																																																																																																																																																																																																																																							
9:00											9:15																																																																																																																																																																																																																																																																																							
9:15	Break 9-9:15	Aqua HiIT	Deep Water Bootcamp/Aquacize (9:15 start)	Laps	Laps/Masters (lanes 4-6)						9:30																																																																																																																																																																																																																																																																																							
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Laps: lap member swimmers of any age.
Adult: For adult members only
Family: Open swim for all members.

Children under 6 yrs old must be within arm's reach of supervising adult in the water.
Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. **Children under 5'** who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a

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	MON 1/5	TUE 1/6	WED 1/7	THUR 1/8	FRI 1/9	SAT 1/10	SUN 1/11					
5:00								5:00				
6:00								6:00				
7:00								7:00				
7:30	Laps			Laps			Laps	7:30				
8:00								8:00				
8:30	Deep Water Fitness			Deep Water Fitness			Deep Water Fitness	8:30				
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4:00	Laps/Family			Laps/Family			Laps/Family	4:00				
4:30								4:30				
5:00		Laps/Family						5:00				
5:30		AquaHigh/ DWF						5:30				
5:45								6:00				
6:00				AquaHigh/ DWF				6:00				
7:00								7:00				
8:00								8:00				
9:00								9:00				

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